



NARRATIVE REVIEW ON PARENTAL PERCEPTION REGARDING HEALTHY LIFESTYLE IN PREVENTION OF CHILDHOOD OBESITY

Ms. Waribam Chanu Henthoi¹ | Mrs. Amrita Singh²

¹ M.Sc. Nursing Final Year, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P.

² Assistant Professor, Teerthanker Mahaveer College of Nursing, TMU, Moradabad, U.P.

ABSTRACT

BACKGROUND:

In childhood obesity accumulation of excess fat in body will affects child's health and well being in terms of physical, mental and social activities. Childhood obesity results from many factors including poor diet as well as physical activities. It depends on parents' ability to recognize childhood obesity its risk factor to become long term health problem. Therefore, parents have a primary responsibility in formation of children's dietary habits and patterns of physical activities.

OBJECTIVE: To identify and synthesize research literatures on parental perception regarding healthy lifestyle in prevention of childhood obesity.

METHOD: Searched for articles for narrative review study on parental perception regarding healthy lifestyle in prevention of childhood obesity were done on Web of Science, Medline, Pub med, Google scholar, EBSCO, DELNET, that are focusing from 2000-2015.

RESULT: The parental perception regarding healthy lifestyle in prevention of childhood obesity has been assess and found that parents recognized their primary responsibility for their children to prevent childhood obesity. They believed that physical activity and healthy eating are necessary for prevention of obesity.

CONCLUSION: The review conclude that parents play such an important role in the development of their child's good habits to improve health, correcting misconceptions and unhealthy parental beliefs about diet quality will be an important component for intervention of preventive work of childhood obesity.

KEY WORDS: Parental perception, Healthy lifestyle and Childhood obesity.

INTRODUCTION

In childhood obesity accumulation of excess fat in body will affects child's health and well being in terms of physical, mental and social activities. Obesity is often identified based on BMI. The term overweight is often used in children rather than obese as it is less stigmatizing. Childhood obesity is a common problem among children that leads to various health problems in children as well as adult. Most of the obese children will remain obese in adulthood. It also provides negative effects on mental health. Parental perception is a process through which parents become aware of characteristics and those of the environment through the functioning of the sense organs. The ability of parents to identify the health condition of their children and their involvement in preventing risk of health problems and improving normal health condition will prevent their child from childhood obesity. A greater understanding of parental perception is required to improve future behavioral family lifestyle. The capabilities of parents to adopt a changed lifestyle in family to prevent childhood obesity are not being studied adequately. Healthy lifestyle refers to healthy living with healthy eating and activities that keep us normal, that will reduce risk for disease, according to the choices of habits we make about our daily routine. The aim of this review is to identify and synthesize research literature on parental perception regarding healthy lifestyle in prevention of childhood obesity and to assess the perceived barriers and facilitators for prevention of childhood obesity. Childhood obesity results from many factors including poor diet as well as physical inactivity. There is increase risk to produce obese children when one or both parents are obese. This can be shaped in early childhood by providing good family environment and proper parental practices. It depends on parents' ability to recognize childhood obesity its risk factor to become long term health problem. Therefore, parents have the vital role for obesity prevention in their children.

METHOD

This narrative review is intended to present parental perception regarding healthy lifestyle in prevention of childhood obesity. The initial exercise began with the qualitative research review literature. The qualitative studies are suitable to explore attitudes, beliefs, and ideas perceived and provide life experience. A literature review was completed in which search done from Pub med, Google scholar, EBSCO, DELNET etc., using key words such as parental, perception, childhood, obesity, that are focusing from 2000-2015 in which articles investigating the parental perceptions on childhood obesity were appraised and non English papers, expert opinions, editorials, theses or abstracts were excluded. 20 articles were identified through database search and any additional article was not identified through other sources. In total 20 articles, only three articles are duplicates and these three articles are removed. Total 17 articles are there after removing duplicates and these articles are screened. After screening of 17 articles, seven articles are excluded because these articles are not relevant with the review. Then, 10 articles which are full text are assessed for eligibility. Those articles

were included if they met the following criteria: focused on children or adolescents; assessed weight status; assessed healthy lifestyle such as healthy eating habits and physical activities. From 10 articles five full text articles are excluded because these are based on quantitative studies. Then the remaining five full text articles are included because these are based on qualitative studies in which data collection done using semi-structured interview with audio-tape and video-tape. The studies literature found are synthesized and narrative review is prepared.

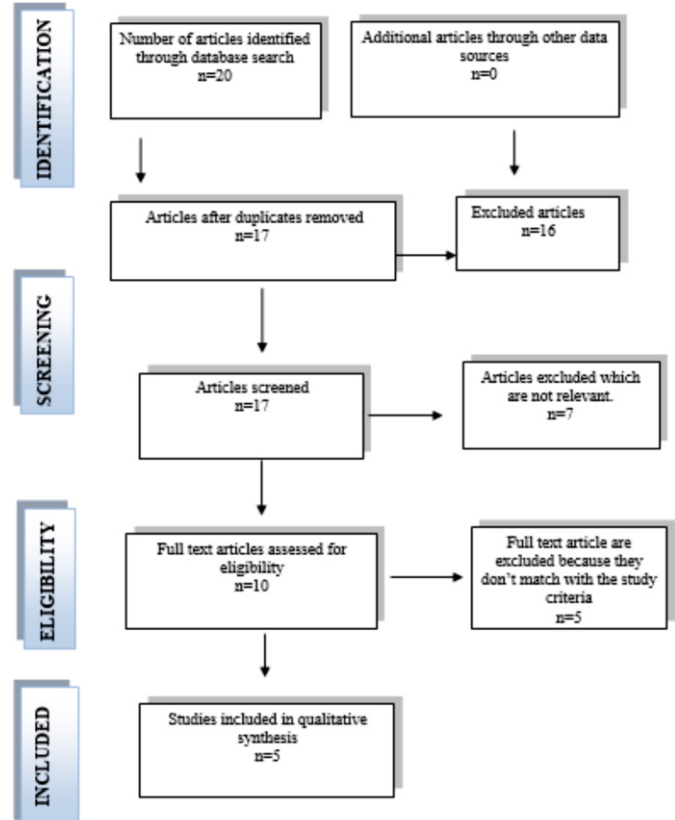


Figure 1: PRISMA chart

TABLE NO-1: DATA EXTRACTION TABLE

S.no	Problem statement/ author	Place of research and year	Objectives	Variables	Tools	Time duration	Outcome	Remarks
1.	Healthy eating, activity and obesity prevention: a qualitative study of parent and child perceptions in Australia. <i>Hesketh K, Waters E, Green J, Salmon L, Williams J.</i>	Primary schools in Victoria, Australia 2005	To obtain views of child and parent regarding social and environmental barriers to healthy lifestyle and childhood obesity prevention programmes	Research variable: parent and child perceptions.	Semi-structured using photo-based activities	November and December 2002	Parents admit that their children are aware about healthy foods, but they did not fully understand the consequences of unhealthy foods. Many children expressed that overconsumption of unhealthy foods can be counteracted by small amount of exercise. The opposition in information children receive were identified to be a drawback of healthy lifestyle.	Awareness of healthy food was high but their perceptions of the healthiness of some sedentary activities were uncertain.
2.	Parent and child perceptions of schoolbased obesity prevention in England: a qualitative study <i>Joanne L. Clarke, Tania L. Griffin, Emma R. Lancashire, Peymane Adab, Jayne M. Parry, Miranda J. Pallan</i>	Primary schools in the West Midlands, UK. 2015	To explore parents and children experience of the WAVES study obesity prevention intervention.	Research variable: parent and child perceptions.	Semi-structured questionnaires Photographs, voice recorder	May-July 2012 and may-july 2013	The promoting constant information and capacitating some parents to adopt appropriate behavioural changes needs parental involvement along with the substantial role of the teacher Parents come across many barriers of healthier lifestyles.	Parents have the primary responsibility for obesity prevention in their children
3.	Perspectives of obese children and their parents on lifestyle behaviour change: a qualitative study. <i>Schalkwijk, A. A. H., Bot, S. D. M., de Vries, L., Westerman, M. J., Nijpels, G., & Elders, P. J. M.</i>	North-western region of the Netherlands. 2015	To explore the expectations of obese children and their parents in relation to lifestyle intervention and to identify their barriers and needs.	Research variable: Perspectives of obese children and their parents.	Semi-structured questionnaires	January and May 2010.	The respondents believed that physical activity and healthy eating can prevent obesity. Parents have taken many efforts in fostering new rules in which there is lack of support from family members. Children also faced incompatible parenting style with lack of support from their parents	Both the children and parents need support not only from their family but also from friends, peers, schools and health practitioners in general to maintain lifestyle behaviour change.
4.	Paediatric obesity attitudes, services, and information among rural parents: a qualitative study. <i>Davis, A. M., James, R. L., Curtis, M. R., Felts, S. M., & Daley, C. M</i>	Elementary schools, Kansas, USA. 2008	To understand the attitudes towards childhood obesity among rural parents and to identify the barriers faced by parents in trying to obtain normal weight status of their children	Research variable: Attitudes, services, and information among rural parents	Semi-structured questionnaires Video-tape	—	Parents believe obese children are lazy, they consider that some children will be getting obese with no reason. Many families of overweight children from rural area identified many barriers of healthier living such as lack of low-fat or low-calorie options in diet, lack of weight loss resources, and lack of facilities for exercise.	Parents have adopted various techniques to help in weight reduction of their children and have identified many barriers to implement recommendations of obesity prevention for their children.
5.	Economic and other barriers to adopting recommendations to prevent childhood obesity: results of a focus group study with parents <i>Sonneville, K. R., La Pelle, N., Taveras, E. M., Gillman, M. W., & Prosser, L. A.</i>	Boston MA. 2009	To explore barriers and facilitators that influence parenting behaviour and decisions related to food choice, activity and other behaviour that affect a child's risk of obesity	Research variable: Economic and other barriers to adopting recommendations to prevent childhood obesity.	Semi-structured questionnaires Audio-tape.	October and November 2007.	Parents encounter economic barriers and other barriers such as difficulty to adopt good habits, desires of child, inadequate information and transportation, difficulty with observing behaviour of child and safety environment.	Barriers of lifestyle should be assessed routinely and concentrate so that this will make parents to follow recommendations of obesity prevention when it is offered.

RESULT:

The synthesized study literatures have found only five full text articles eligible meeting the study criteria that assess the parental perception regarding healthy lifestyle in prevention of childhood obesity.

- Parents recognized the primary responsibility towards their children for the prevention of childhood obesity. They believed that physical activity and healthy eating can prevent obesity. Overconsumption of unhealthy foods can be counteracted by small amount of exercise (Joanne L, 2015).

- Parental awareness of healthy food was high but their perceptions of the healthiness of some sedentary activities were uncertain. (Hesketh K, 2005)
- Both the children and parents need support not only from their family but also from friends, peers, schools and health practitioners in general to maintain lifestyle behaviour change. (Schalkwijk, A, 2010).
- Parents have adopted various techniques to help in weight reduction of their children and have identified many barriers to implement recommendations of obesity prevention for their children such as lack of low-fat or low-calorie options in diet, lack of weight loss resources, and lack of facilities for exercise. (Davis, A, 2008).
- Barriers of lifestyle should be assessed routinely and concentrate so that this will make parents to follow recommendations of obesity prevention when it is offered (Sonnevile, 2009).

Analysis of result can be categorized into the following themes:

Responsibilities for obesity prevention

Role of parents:

The parents considered their important roles in prevention of obesity. They felt that they have the primary responsibility towards their children for preventing obesity. Verbatim: "...as parents, you know, we're role models'..."

Role of school:

Most parents were in support with the inclusion of education about healthy nutrition as well as physical activities within school. Parents believed that school has important role in prevention of childhood obesity

Verbatim: "...everybody has to encourage good eating and th schools have to be involved..."

The local environment:

Parents recognized the significance of local environment in prevention of childhood obesity and commended that their children used the available facilities frequently by encouraging them to be physically active.

Verbatim: "...children had to climb the stairs all day and we had a lots of sports equipments..."

Barriers to healthy lifestyle

Parents recognized the aspects that could prevent their children from healthy eating and regular physical activity. Lack of parent's time was also reported to be a major problem that makes children inactive and leads to childhood obesity.

Verbatim: "...junk foods are irresistible...unhealthy food tastes good and is additive..."

"...then there is an advertisement for candy, then one for ice-cream and children want to try everything, it is a hard to deal with the media..."

DISCUSSION:

This review displayed some essential issues regarding parent's understanding about childhood obesity. The study indicates that parents were aware about the importance of healthy nutrition and physical activity. It is important that parents provide care in such a way that will shape the eating habits and also improve physical activity of children. Generally, most of the parents are always worried about their children being underweight rather than overweight. This makes parents to encourage their children for overeating. Therefore, weight management in childhood will be success only when parents are aware about their children weight status and could recognize when their children get overweight/obese. Furthermore, parents must also understand the connection between childhood obesity and its risks of health problem in future. In most of the study, most parents reported that until the child is overweight or even obese, preventive action is not required. A greater understanding of parental perception is required to improve future behavioral family lifestyle. The capabilities of parents to adopt a changed lifestyle in family to prevent childhood obesity are not being studied adequately (AAH. Schalwijk, 2015). Findings from the study suggest that promoting constant information and capacitating some parents to adopt appropriate behavioral changes needs parental involvement along with the substantial role of the teacher. Parents come across many barriers of healthier lifestyles such as inadequate patient motivation, absence of parent involvement, and inadequate support services are the most frequent barriers for obesity prevention (Story, 2002). The study also identified that safety of environment is very important for children's health. Maintaining security and safety has been considered important component among other environmental factors mainly for children playing outside the home. Provision should be there for safe and practical walking sidewalks on the way of schools as well as shopping areas that will be very efficient to prevent childhood obesity.

CONCLUSION:

Parental perception of childhood obesity is affected by many factors such as biological, psychological, social and economical factors. As Parents failed to recognize weight status of their obese children, they are not concerned about providing

support to achieve a normal weight for their child. Nowadays, quality of diet of children is below the optimum level and the parent's were not able to reflect the reality about their child's diet accurately. This depends on parental attitudes and perceptions/misperceptions based on their knowledge awareness and beliefs, which will have a great impact on diet quality practices in family. It is being understood that parents have an important role in the improvement of their child's health behaviors, identifying misconceptions and unsound beliefs of parents about diet quality will bring the possibilities for taking actions of preventive work in childhood obesity.

LIMITATIONS:-

This study had certain limitations too. This literature review was limited to –

- The search that was carried out within a publication period of 2000-2015
- The papers were in the English language only.
- Articles included were required to be free and in full text.

ACKNOWLEDGEMENT

Here, I would like to acknowledge and give thanks to Principal of Teerthanker Mahaveer college of nursing, Teerthanker Mahaveer University.

REFERENCES

1. Clarke, J. L., Griffin, T. L., Lancashire, E. R., Adab, P., Parry, J. M., & Pallan, M. J. (2015). Parent and child perceptions of school-based obesity prevention in England: a qualitative study. *BMC public health*, 15(1), 1.
2. Davis, A. M., James, R. L., Curtis, M. R., Felts, S. M., & Daley, C. M. (2008). Pediatric obesity attitudes, services, and information among rural parents: a qualitative study. *Obesity*, 16(9), 2133-2140.
3. Hesketh, K., Waters, E., Green, J., Salmon, L., & Williams, J. (2005). Healthy eating, activity and obesity prevention: a qualitative study of parent and child perceptions in Australia. *Health promotion international*, 20(1), 19-26
4. Schalkwijk, A. A. H., Bot, S. D. M., de Vries, L., Westerman, M. J., Nijpels, G., & Elders, P. J. M. (2015). Perspectives of obese children and their parents on lifestyle behavior change: a qualitative study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(1), 1.
5. Sonnevile, K. R., La Pelle, N., Taveras, E. M., Gillman, M. W., & Prosser, L. A. (2009). Economic and other barriers to adopting recommendations to prevent childhood obesity: results of a focus group study with parents. *BMC pediatrics*, 9(1), 1.
6. Story, M. T., Neumark-Stzainer, D. R., Sherwood, N. E., Holt, K., Sofka, D., Trowbridge, F. L., & Barlow, S. E. (2002). Management of child and adolescent obesity: attitudes, barriers, skills, and training needs among health care professionals. *Pediatrics*, 110(Supplement 1), 210-214.